

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Offset = Diff from Category win time hh:mm:ss

## Category Results

5K Run - 3.1 Miles  
565 Finishers

## 5K06&amp;UF - 18 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/18	HEYLAND, TENLEE	5190	30:36.494	06:07	09:50	163/565	39/301	+00:00:00	LETHBRIDGE
2/18	WRIGHT, MADISON	5412	34:05.001	06:49	10:57	225/565	70/301	+00:03:28	LETHBRIDGE
3/18	CAPPER, ELIZABETH	5065	35:15.081	07:03	11:20	240/565	79/301	+00:04:38	COALDALE
4/18	HUNSPERGER, KANSAS	5201	36:33.720	07:18	11:45	266/565	92/301	+00:05:57	MAGRATH
5/18	HILGERSOM, MILLIE	5525	37:02.623	07:24	11:54	278/565	99/301	+00:06:26	LETHBRIDGE
6/18	HILGERSON, SLOAN	5526	37:03.630	07:24	11:54	279/565	100/301	+00:06:27	LETHBRIDGE
7/18	SPENCER, JESSICA	5550	37:28.739	07:29	12:03	284/565	104/301	+00:06:52	LETHBRIDGE
8/18	HIEMSTRA, ABIGAIL	5191	37:36.295	07:31	12:05	286/565	105/301	+00:06:59	COALDALE
9/18	HIEMSTRA, CLAIRE	5192	37:37.753	07:31	12:05	288/565	107/301	+00:07:01	COALDALE
10/18	MERCER, OAKLYNN	5276	41:03.579	08:12	13:12	347/565	151/301	+00:10:27	COALDALE
11/18	UNRUH, KINSLEY	5375	41:30.707	08:18	13:20	352/565	156/301	+00:10:54	TABER
12/18	BULTENA, JORDYNN	5054	42:00.465	08:24	13:30	359/565	161/301	+00:11:23	COALDALE
13/18	BARNES, CHARLOTTE	5016	43:45.367	08:45	14:04	379/565	173/301	+00:13:08	PICTURE BUTTE
14/18	ABREY MCKEOWN, MIA	5592	45:24.724	09:04	14:36	406/565	192/301	+00:14:48	COALDALE
15/18	CLARK, GEORGIA	5074	47:50.793	09:34	15:23	431/565	205/301	+00:17:14	COALDALE
16/18	BECKER, GRACIE	5568	1:04:09.504	12:49	20:37	552/565	290/301	+00:33:33	COALDALE
17/18	CORKUM, JANELLE	5095	1:08:26.620	13:41	22:00	560/565	297/301	+00:37:50	COALDALE
18/18	RIEGER, SOPHIE	5353	1:08:27.243	13:41	22:00	561/565	298/301	+00:37:50	COALDALE

## 5K06&amp;UM - 20 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/20	POTTAGE, ANDY	5314	33:27.338	06:41	10:45	217/565	151/264	+00:00:00	LETHBRIDGE
2/20	CORKUM, NATHANIEL	5097	40:06.532	08:01	12:53	326/565	192/264	+00:06:39	COALDALE
3/20	VEURINK, COLE	5604	40:24.438	08:04	12:59	329/565	193/264	+00:06:57	COALDALE
4/20	VIENNEAU, OLIVER	5392	40:47.533	08:09	13:06	336/565	195/264	+00:07:20	COALDALE
5/20	OHLMANN, NEVAN	5297	41:36.867	08:19	13:22	355/565	198/264	+00:08:09	COALDALE
6/20	VAN DER MOLEN, AVERY	5559	43:32.004	08:42	13:59	374/565	205/264	+00:10:04	COALDALE
7/20	CORKUM, ANDREW	5090	44:05.226	08:49	14:10	381/565	207/264	+00:10:37	COALDALE
8/20	MARTENS, PAUL	5265	45:12.229	09:02	14:32	400/565	212/264	+00:11:44	COALDALE
9/20	MARTENS, WILLIAM	5266	45:13.215	09:02	14:32	404/565	214/264	+00:11:45	COALDALE
10/20	VELDMAN, MILLER	5574	49:06.514	09:49	15:47	446/565	230/264	+00:15:39	COALHURST
11/20	GALLAMORE, BROOKS	5149	49:34.154	09:54	15:56	449/565	231/264	+00:16:06	LETHBRIDGE
12/20	BESON, WILLIAM	5039	49:35.256	09:55	15:56	452/565	233/264	+00:16:07	COALDALE
13/20	VELDMAN, KANE	5573	50:28.593	10:05	16:13	457/565	235/264	+00:17:01	COALHURST
14/20	LOHUES, ARO	5242	55:16.133	11:03	17:46	498/565	246/264	+00:21:48	COALDALE
15/20	LOHUES, OSKAR	5245	55:16.997	11:03	17:46	499/565	247/264	+00:21:49	COALDALE
16/20	HARTHOORN, TOBIAS	5491	56:24.624	11:16	18:08	511/565	249/264	+00:22:57	COALDALE
17/20	PYRET, RYKER	5499	59:09.661	11:49	19:01	528/565	254/264	+00:25:42	LETHBRIDGE
18/20	ROLHEISON, TYRUS	5331	1:02:25.838	12:29	20:04	538/565	259/264	+00:28:58	LETHBRIDGE
19/20	QUINTON, MAXWELL	5316	1:02:38.399	12:31	20:08	541/565	261/264	+00:29:11	PICTURE BUTTE
20/20	BECKER, NOLAN	5569	1:04:35.909	12:55	20:46	554/565	263/264	+00:31:08	COALDALE

## 5K07-10F - 35 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/35	HARTHOORN, CHELSEA	5173	24:26.303	04:53	07:51	64/565	6/301	+00:00:00	COALDALE
2/35	SPENCER, LAUREN	5553	25:52.514	05:10	08:19	89/565	12/301	+00:01:26	LETHBRIDGE
3/35	VANKAMMEN, JAMIE-LYNN	5505	27:19.195	05:27	08:47	108/565	22/301	+00:02:52	CRANFORD
4/35	VANKAMMEN, KRISTY	5506	29:38.091	05:55	09:31	143/565	34/301	+00:05:11	CRANFORD
5/35	HOUWELING, APRIL	5613	30:59.369	06:11	09:57	175/565	44/301	+00:06:33	COALDALE
6/35	HOUWELING, SAMARA	5612	31:00.335	06:12	09:58	176/565	45/301	+00:06:34	COALDALE
7/35	VAN DER MOLEN, FAITH	5560	31:42.218	06:20	10:11	189/565	51/301	+00:07:15	COALDALE
8/35	ROBINSON, CADENCE	5323	35:35.841	07:07	11:26	252/565	84/301	+00:11:09	COALDALE
9/35	BULTENA, MACKENZIE	5056	35:51.328	07:10	11:31	257/565	87/301	+00:11:25	COALDALE
10/35	HOUWELING, CADENCE	5585	36:34.259	07:18	11:45	267/565	93/301	+00:12:07	COALDALE
11/35	HARTHOORN, CLAIRE	5489	36:44.016	07:20	11:48	272/565	97/301	+00:12:17	COALDALE
12/35	FEGAN, BLAYKE	5454	38:18.565	07:39	12:19	297/565	113/301	+00:13:52	LETHBRIDGE COL
13/35	CREEK, LYNDEN	5100	38:33.511	07:42	12:23	301/565	115/301	+00:14:07	COALDALE
14/35	COQUET, GRACE	5520	38:34.388	07:42	12:24	303/565	117/301	+00:14:08	COALDALE
15/35	DIEK, MAKAYLA	5609	38:48.640	07:45	12:28	305/565	119/301	+00:14:22	COALDALE
16/35	KEAN, LILIA	5217	39:49.658	07:57	12:48	318/565	127/301	+00:15:23	LETHBRIDGE
17/35	DE LEEUW, ADELINA	5107	40:34.821	08:06	13:02	332/565	139/301	+00:16:08	COALHURST
18/35	CORKUM, ELISABETH	5092	40:54.347	08:10	13:09	342/565	147/301	+00:16:28	COALDALE
19/35	MARCINKOWSKI, ADRIA	5250	41:26.597	08:17	13:19	351/565	155/301	+00:17:00	LETHBRIDGE
20/35	MCLAIN, AMERAH	5272	43:55.494	08:47	14:07	380/565	174/301	+00:19:29	COALDALE
21/35	FEGAN, AISLYNN	5453	44:28.769	08:53	14:18	385/565	177/301	+00:20:02	LETHBRIDGE COL
22/35	SHOT BOTH SIDES, NEVAEH	5472	44:42.535	08:56	14:22	389/565	181/301	+00:20:16	LETHBRIDGE
23/35	OHLMANN, AUDRA	5295	46:37.423	09:19	14:59	417/565	200/301	+00:22:11	COALDALE

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## Category Results

5K Run - 3.1 Miles  
565 Finishers

## 5K07-10F - 35 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
24/35	ARNOTT, ZOEY	5451	48:57.110	09:47	15:44	440/565	214/301	+00:24:30	COALDALE
25/35	BAREMAN, ALINA	5010	49:04.174	09:48	15:46	444/565	216/301	+00:24:37	TABER
26/35	COOK, MADISON	5088	52:35.033	10:31	16:54	468/565	230/301	+00:28:08	COALDALE
27/35	CURRAN, FAITH	5611	52:58.125	10:35	17:01	473/565	234/301	+00:28:31	LETHBRIDGE
28/35	STEINLEY, ODESSA	5360	53:52.386	10:46	17:19	484/565	242/301	+00:29:26	COALDALE
29/35	COOK, ISLA	5085	54:34.283	10:54	17:32	493/565	250/301	+00:30:07	LETHBRIDGE
30/35	COOK, ELLA	5084	54:59.426	10:59	17:40	497/565	252/301	+00:30:33	LETHBRIDGE
31/35	UYTDEWILLIGEN, PIPER	5465	57:16.033	11:27	18:24	518/565	265/301	+00:32:49	COALDALE
32/35	NEUFELD, HANNAH	5290	57:28.746	11:29	18:28	520/565	267/301	+00:33:02	COALDALE
33/35	MAROIS, LANAEYA	5259	59:32.368	11:54	19:08	531/565	276/301	+00:35:06	COALDALE
34/35	BEEKMAN, RHEA	5023	1:04:02.549	12:48	20:35	551/565	289/301	+00:39:36	COALDALE
35/35	CORKUM, MAGDALENE	5096	1:08:26.472	13:41	22:00	559/565	296/301	+00:44:00	COALDALE

## 5K07-10M - 44 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/44	HUNSPERGER, WADE	5203	22:28.808	04:29	07:13	26/565	25/264	+00:00:00	MAGRATH
2/44	MARCINKOWSKI, LUKAS	5252	24:08.763	04:49	07:45	54/565	49/264	+00:01:39	LETHBRIDGE
3/44	WARD, DECLAN	5401	24:20.986	04:52	07:49	58/565	53/264	+00:01:52	LETHBRIDGE
4/44	VELDMAN, LINCOLN	5389	24:22.631	04:52	07:50	61/565	56/264	+00:01:53	LETHBRIDGE COL
5/44	SLINGERLAND, RILEY	5351	25:13.517	05:02	08:06	76/565	68/264	+00:02:44	LETHBRIDGE
6/44	HILGERSOM, ARI	5195	25:36.343	05:07	08:14	86/565	75/264	+00:03:07	LETHBRIDGE
7/44	VAN REEUWYK, NIXON	5607	27:14.415	05:26	08:45	107/565	86/264	+00:04:45	TABER
8/44	HILGERSOM, LENNOX	5196	27:58.143	05:35	08:59	117/565	93/264	+00:05:29	LETHBRIDGE
9/44	HARTHOORN, ZACHARY	5492	28:48.344	05:45	09:15	128/565	100/264	+00:06:19	COALDALE
10/44	LEUSINK, NATHAN	5237	29:02.998	05:48	09:20	135/565	106/264	+00:06:34	COALDALE
11/44	BULTENA, LUCAS	5055	29:29.754	05:53	09:29	140/565	109/264	+00:07:00	COALDALE
12/44	COE, BRADY	5077	29:39.238	05:55	09:32	144/565	110/264	+00:07:10	LETHBRIDGE
13/44	WRIGHT, JACKSON	5411	29:46.620	05:57	09:34	148/565	113/264	+00:07:17	LETHBRIDGE
14/44	FLEXHAUG, NASH	5137	30:38.778	06:07	09:51	165/565	126/264	+00:08:09	COALDALE
15/44	WALL, SETH	5399	30:52.098	06:10	09:55	169/565	129/264	+00:08:23	COALDALE
16/44	VAN DER MOLEN, ANDREW	5558	30:52.462	06:10	09:55	171/565	131/264	+00:08:23	COALDALE
17/44	CLARKE, CHARLIE	5419	31:14.623	06:14	10:02	182/565	135/264	+00:08:45	COALDALE
18/44	SPENCER, LEANDER	5554	31:47.862	06:21	10:13	193/565	139/264	+00:09:19	LETHBRIDGE
19/44	CAMPS, NASH	5063	32:28.722	06:29	10:26	203/565	143/264	+00:09:59	TABER
20/44	DAVY, ROMAN	5104	32:31.709	06:30	10:27	206/565	145/264	+00:10:02	LETHBRIDGE
21/44	GRAYSTON, ROWAN	5167	32:39.352	06:31	10:30	210/565	147/264	+00:10:10	LETHBRIDGE
22/44	VEURINK, REID	5603	33:27.871	06:41	10:45	218/565	152/264	+00:10:59	COALDALE
23/44	VELDMAN, JAXON	5571	34:40.385	06:56	11:08	232/565	157/264	+00:12:11	COALHURST
24/44	LOGAN, COOPER	5594	34:43.806	06:56	11:10	234/565	159/264	+00:12:14	COALDALE
25/44	ABREY-MCKEOWN, SEAN	5005	35:15.171	07:03	11:20	241/565	162/264	+00:12:46	COALDALE
26/44	GOERTZ, SCOTT	5160	35:39.484	07:07	11:27	255/565	169/264	+00:13:10	COALDALE
27/44	BECKER, CARTER	5566	35:50.420	07:10	11:31	256/565	170/264	+00:13:21	COALDALE
28/44	ROBINSON, DESMOND	5324	36:08.714	07:13	11:37	262/565	172/264	+00:13:39	COALDALE
29/44	TROCKSTAD, DREW	5591	36:12.609	07:14	11:38	263/565	173/264	+00:13:43	COALDALE
30/44	HARTHOORN, NEIL	5176	36:27.942	07:17	11:43	265/565	174/264	+00:13:59	COALDALE
31/44	BULTENA, CARSON	5053	36:56.532	07:23	11:52	274/565	177/264	+00:14:27	COALDALE
32/44	JANZEN, LEONARD	5207	37:16.927	07:27	11:59	283/565	180/264	+00:14:48	LETHBRIDGE
33/44	SLINGERLAND, COLTON	5348	38:05.782	07:37	12:14	296/565	184/264	+00:15:36	LETHBRIDGE
34/44	WALL, RHETT	5398	39:11.467	07:50	12:36	312/565	190/264	+00:16:42	COALDALE
35/44	WHITE QUILLS, BENTLEY	5444	41:34.712	08:18	13:22	354/565	197/264	+00:19:05	CARDSTON
36/44	MCLAIN, ELLIOT	5273	43:32.199	08:42	13:59	375/565	206/264	+00:21:03	COALDALE
37/44	LENGERT, LIAM	5234	44:07.988	08:49	14:11	384/565	208/264	+00:21:39	COALDALE
38/44	GUDMUNDSON, COLTEN	5170	44:56.202	08:59	14:26	395/565	210/264	+00:22:27	COALDALE
39/44	IWANCZUK, NATHAN	5430	45:06.575	09:01	14:30	399/565	211/264	+00:22:37	COALHURST
40/44	BESON, THOMAS	5037	47:35.019	09:31	15:18	429/565	225/264	+00:25:06	COALDALE
41/44	DIETRICH, HUDSON	5120	47:36.832	09:31	15:18	430/565	226/264	+00:25:08	COALDALE
42/44	NYMEYER, JACK	5586	51:56.933	10:23	16:42	464/565	237/264	+00:29:28	COALDALE
43/44	STEINLEY, MAVERICK	5359	53:53.854	10:46	17:19	487/565	243/264	+00:31:25	COALDALE
44/44	PYRET, ZAYLEX	5500	59:12.404	11:50	19:02	529/565	255/264	+00:36:43	LETHBRIDGE

## 5K11-14F - 44 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/44	CHATTERTON, ANNA	5068	22:11.080	04:26	07:08	22/565	1/301	+00:00:00	LETHBRIDGE
2/44	BROWN, ALIZA	5578	22:46.048	04:33	07:19	33/565	2/301	+00:00:34	MAGRATH AB
3/44	VEURINK, PEYTON	5600	23:52.660	04:46	07:40	48/565	3/301	+00:01:41	COALDALE
4/44	VEURINK, JORDYNN	5601	24:03.149	04:48	07:44	50/565	5/301	+00:01:52	COALDALE
5/44	HUNSPERGER, MACIE	5202	25:00.247	05:00	08:02	73/565	8/301	+00:02:49	MAGRATH

OA/PI = Overall Placing

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Offset = Diff from Category win time hh:mm:ss

## Category Results

5K Run - 3.1 Miles  
565 Finishers

## 5K11-14F - 44 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
6/44	VEURINK, APRIL	5602	26:27.101	05:17	08:30	98/565	17/301	+00:04:16	COALDALE
7/44	CONRAD, GRACIE	5081	28:24.908	05:40	09:08	122/565	27/301	+00:06:13	COALDALE
8/44	YPMA, NAOMI	5545	28:58.837	05:47	09:19	134/565	29/301	+00:06:47	PURPLE SPRINGS
9/44	VANKAMMEN, RUBY	5508	29:11.247	05:50	09:23	137/565	30/301	+00:07:00	CRANFORD
10/44	SPENCER, TEGAN	5556	29:16.286	05:51	09:24	138/565	31/301	+00:07:05	LETHBRIDGE
11/44	VELDMAN, KINLEY	5388	30:18.496	06:03	09:44	158/565	37/301	+00:08:07	LETHBRIDGE COL
12/44	VAN REEUWYK, CALLIE	5564	30:28.205	06:05	09:47	159/565	38/301	+00:08:17	TABER
13/44	DODD, REESE	5484	30:55.924	06:11	09:56	172/565	41/301	+00:08:44	COALDALE
14/44	MUNDELL, MYLA	5615	31:23.504	06:16	10:05	184/565	49/301	+00:09:12	COALDALE
15/44	DUNSMORE, MIKAYLA	5485	34:03.940	06:48	10:57	224/565	69/301	+00:11:52	COALDALE
16/44	LEFFERS, EMMA	5232	34:19.818	06:51	11:02	227/565	72/301	+00:12:08	SPRUCE GROVE
17/44	BEKKERING, CATE	5025	34:36.462	06:55	11:07	230/565	74/301	+00:12:25	LETHBRIDGE
18/44	EARL, SIDNEY	5123	34:49.023	06:57	11:11	236/565	77/301	+00:12:37	MAGRATH
19/44	CORKUM, ESTHER	5093	35:26.665	07:05	11:23	245/565	82/301	+00:13:15	COALDALE
20/44	OHLMANN, KARLI	5296	35:57.385	07:11	11:33	260/565	89/301	+00:13:46	COALDALE
21/44	BEEKMAN, ELLA	5020	36:36.804	07:19	11:46	269/565	95/301	+00:14:25	COALDALE
22/44	SQUAREK, BROOKLYN	5537	36:40.707	07:20	11:47	271/565	96/301	+00:14:29	RAYMOND
23/44	FITZHENRY, HANNA	5135	37:56.919	07:35	12:12	292/565	110/301	+00:15:45	LETHBRIDGE
24/44	MALM, MAKENNA	5516	38:02.912	07:36	12:14	294/565	112/301	+00:15:51	COALDALE
25/44	WIRTH, KARLEY	5534	39:52.097	07:58	12:49	320/565	129/301	+00:17:41	COALDALE
26/44	BROBBEL, ALAINA	5519	39:52.668	07:58	12:49	321/565	130/301	+00:17:41	COALDALE
27/44	BEKKERING, ELLA	5026	40:36.790	08:07	13:03	334/565	140/301	+00:18:25	LETHBRIDGE
28/44	WITHAGE, JANELSA	5512	40:52.583	08:10	13:08	340/565	145/301	+00:18:41	COALDALE
29/44	METHERAL, BREANNE	5280	41:09.079	08:13	13:13	348/565	152/301	+00:18:57	COALDALE
30/44	WEINKAUF, PHOENIX	5405	41:58.191	08:23	13:29	358/565	160/301	+00:19:47	COALDALE
31/44	FRIESEN, CARLENE	5142	43:01.680	08:36	13:50	367/565	166/301	+00:20:50	TURIN
32/44	EVANS, TARYN	5130	43:09.644	08:37	13:52	369/565	167/301	+00:20:58	LETHBRIDGE COL
33/44	MIEDEMA, KAILYN	5282	43:11.519	08:38	13:53	371/565	168/301	+00:21:00	COALDALE
34/44	ARNOTT, AINSLEY	5535	44:06.750	08:49	14:11	382/565	175/301	+00:21:55	COALDALE
35/44	GIACCHETTA, AUGUSTINA	5487	44:55.756	08:59	14:26	394/565	185/301	+00:22:44	COALDALE
36/44	DODD, ELLA	5576	47:29.740	09:29	15:16	428/565	204/301	+00:25:18	COALDALE
37/44	ANECA, KACEY	5476	50:07.886	10:01	16:07	454/565	220/301	+00:27:56	COALDALE
38/44	HENDRICK, RACHEL	5536	51:55.952	10:23	16:41	462/565	226/301	+00:29:44	LETHBRIDGE COL
39/44	NYMEYER, TAYAH	5495	51:56.119	10:23	16:41	463/565	227/301	+00:29:45	COALDALE
40/44	DIETRICH, GABBY	5119	55:43.712	11:08	17:55	502/565	255/301	+00:33:32	COALDALE
41/44	VAN MILL, IVY-RAE	5381	56:24.238	11:16	18:08	509/565	261/301	+00:34:13	COALDALE
42/44	PYRET, JESSA	5497	57:28.440	11:29	18:28	519/565	266/301	+00:35:17	LETHBRIDGE
43/44	METZGER, OLIVIA	5460	58:55.153	11:47	18:56	526/565	273/301	+00:36:44	COALDALE
44/44	ARIAS, MAKEDAH	5477	1:00:42.645	12:08	19:31	533/565	277/301	+00:38:31	COALDALE

## 5K11-14M - 45 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/45	HARTHOORN, DYLAN	5490	20:19.263	04:03	06:32	10/565	10/264	+00:00:00	COALDALE
2/45	VANDER HEIDE, ISIAH	5540	20:26.311	04:05	06:34	11/565	11/264	+00:00:07	COALDALE
3/45	SENNEKER, DAWSON	5435	21:38.055	04:19	06:57	18/565	18/264	+00:01:18	COALDALE
4/45	VANDER HEIDE, JESSE	5541	22:25.596	04:29	07:12	25/565	24/264	+00:02:06	COALDALE
5/45	ORSTEN, RYKER	5304	23:11.504	04:38	07:27	43/565	41/264	+00:02:52	COALDALE
6/45	YPMA, MARK	5544	23:14.090	04:38	07:28	45/565	43/264	+00:02:54	PURPLE SPRINGS
7/45	CRAVEN, MAX	5098	23:17.766	04:39	07:29	46/565	44/264	+00:02:58	COALDALE
8/45	SPENCER, GERRY	5549	23:39.986	04:43	07:36	47/565	45/264	+00:03:20	LETHBRIDGE
9/45	VANRAALTE, CODY	5509	24:11.421	04:50	07:46	55/565	50/264	+00:03:52	COALDALE
10/45	BROWN, ANDREAS	5579	24:15.957	04:51	07:48	56/565	51/264	+00:03:56	MAGRATH AB
11/45	ABREY-MCKEOWN, FINN	5004	24:21.041	04:52	07:49	59/565	54/264	+00:04:01	COALDALE
12/45	EVANS, RAIFE	5129	24:28.337	04:53	07:52	65/565	59/264	+00:04:09	LETHBRIDGE COL
13/45	HARTHOORN, JASON	5174	24:38.806	04:55	07:55	67/565	61/264	+00:04:19	COALDALE
14/45	VAN REEUWYK, KARSIN	5606	24:54.441	04:58	08:00	71/565	64/264	+00:04:35	TABER
15/45	HOUWELING, TRISTEN	5583	25:03.082	05:00	08:03	74/565	66/264	+00:04:43	COALDALE
16/45	HARTHOORN, BEN	5488	25:12.050	05:02	08:06	75/565	67/264	+00:04:52	COALDALE
17/45	MUNDELL, BENTLEY	5616	25:33.157	05:06	08:12	82/565	72/264	+00:05:13	COALDALE
18/45	YPMA, JOSHUA	5543	25:34.864	05:06	08:13	84/565	74/264	+00:05:15	PURPLE SPRINGS
19/45	DIEK, LEVI	5608	26:05.236	05:13	08:23	94/565	80/264	+00:05:45	COALDALE
20/45	HOUWELING, LEVI	5584	26:08.631	05:13	08:24	96/565	81/264	+00:05:49	COALDALE
21/45	BULTENA, NATHAN	5058	26:59.508	05:23	08:40	103/565	84/264	+00:06:40	COALDALE
22/45	PERSSON, JAXON	5208	27:13.704	05:26	08:45	106/565	85/264	+00:06:54	LETHBRIDGE
23/45	UYTDEWILLIGEN, CASEY	5503	27:20.061	05:28	08:47	109/565	87/264	+00:07:00	COALDALE
24/45	ROBERTS, AUSTIN	5320	27:48.061	05:33	08:56	113/565	91/264	+00:07:28	COALDALE

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Offset = Diff from Category win time hh:mm:ss

## Category Results

5K Run - 3.1 Miles  
565 Finishers

## 5K11-14M - 45 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
25/45	BAREMAN, JONAH	5013	27:57.586	05:35	08:59	116/565	92/264	+00:07:38	TABER
26/45	CONRAD, EMMETT	5080	28:34.987	05:42	09:11	125/565	97/264	+00:08:15	COALDALE
27/45	CONRAD, EMERSON	5079	28:35.789	05:43	09:11	126/565	98/264	+00:08:16	COALDALE
28/45	COQUET, MARSHALL	5522	28:58.094	05:47	09:18	133/565	105/264	+00:08:38	COALDALE
29/45	CREEK, LOGAN	5099	29:48.196	05:57	09:34	149/565	114/264	+00:09:28	COALDALE
30/45	KEAN, KAELEM	5216	30:05.414	06:01	09:40	153/565	118/264	+00:09:46	LETHBRIDGE
31/45	FIRST CHARGER, JULLIEN	5469	30:16.467	06:03	09:44	155/565	120/264	+00:09:57	LETHBRIDGE
32/45	SQUAREK, JACE	5539	31:13.869	06:14	10:02	180/565	133/264	+00:10:54	RAYMOND
33/45	SQUAREK, DUSTIN	5538	32:03.949	06:24	10:18	198/565	142/264	+00:11:44	RAYMOND
34/45	LOGAN, JOSH	5596	35:08.333	07:01	11:17	239/565	161/264	+00:14:49	COALDALE
35/45	MAROIS, BRODY	5255	35:29.680	07:05	11:24	246/565	164/264	+00:15:10	COALDALE
36/45	MAROIS, CALEB	5256	35:34.910	07:06	11:26	251/565	168/264	+00:15:15	COALDALE
37/45	IWANCZUK, DANIEL	5428	35:56.859	07:11	11:33	259/565	171/264	+00:15:37	COALHURST
38/45	WOODS, ADEN	5446	39:24.704	07:52	12:40	316/565	191/264	+00:19:05	COALDALE
39/45	FRIESEN, JOEL	5144	42:59.725	08:35	13:49	366/565	201/264	+00:22:40	TURIN
40/45	LENGERT, PARKER	5235	43:11.141	08:38	13:53	370/565	203/264	+00:22:51	COALDALE
41/45	VAN DER MOLEN, OWEN	5562	43:31.991	08:42	13:59	373/565	204/264	+00:23:12	COALDALE
42/45	EVANS, KADE	5128	44:55.576	08:59	14:26	393/565	209/264	+00:24:36	LETHBRIDGE COL
43/45	CORKUM, JAMES	5094	52:38.427	10:31	16:55	470/565	239/264	+00:32:19	COALDALE
44/45	DIETRICH, ZACHARY	5121	53:04.857	10:36	17:04	479/565	241/264	+00:32:45	COALDALE
45/45	METZGER, NATE	5459	53:50.079	10:46	17:18	482/565	242/264	+00:33:30	COALDALE

## 5K15-19F - 13 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/13	VANKAMMEN, LEAH	5507	23:56.665	04:47	07:41	49/565	4/301	+00:00:00	CRANFORD
2/13	HARTHOOORN, SIMONE	5570	25:54.781	05:10	08:19	90/565	13/301	+00:01:58	COALDALE
3/13	SPENCER, KAY	5552	31:12.723	06:14	10:02	179/565	47/301	+00:07:16	LETHBRIDGE
4/13	KLASSEN, SUZANA	5223	32:29.588	06:29	10:26	204/565	61/301	+00:08:32	LETHBRIDGE COL
5/13	MAROIS, TALINA	5262	35:37.570	07:07	11:27	254/565	86/301	+00:11:40	COALDALE
6/13	LOHUES, ISABELLE	5060	37:12.595	07:26	11:57	282/565	103/301	+00:13:15	COALDALE
7/13	GUNDERSON, LAUREN	5426	39:58.454	07:59	12:51	322/565	131/301	+00:16:01	LETHBRIDGE
8/13	WITHAGE, MARCIA	5514	40:56.492	08:11	13:09	343/565	148/301	+00:16:59	COALDALE
9/13	BLACK RABBIT, BRIANNA	5041	42:58.958	08:35	13:49	365/565	165/301	+00:19:02	COALHURST
10/13	LASHLEY, DAWSON	5163	45:53.894	09:10	14:45	409/565	195/301	+00:21:57	LETHBRIDGE
11/13	PERSSON, OLIVIA	5307	46:26.606	09:17	14:56	415/565	198/301	+00:22:29	LETHBRIDGE
12/13	BEKKERING, AMIA	5024	46:48.975	09:21	15:03	419/565	201/301	+00:22:52	LETHBRIDGE
13/13	GOODSTRIKER, KARLI	5618	1:02:38.782	12:31	20:08	542/565	281/301	+00:38:42	STANDOFF

## 5K15-19M - 16 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/16	LEFFERS, ANDREW	5231	16:39.792	03:19	05:21	2/565	2/264	+00:00:00	SPRUCE GROVE
2/16	BEAR HAT, KESSLER	5019	19:37.327	03:55	06:18	5/565	5/264	+00:02:57	LETHBRIDGE
3/16	NEUFELD, MATTHEW	5291	19:45.437	03:57	06:21	8/565	8/264	+00:03:05	TABER
4/16	CHIPIUK, RYLAN	5069	19:46.368	03:57	06:21	9/565	9/264	+00:03:06	EDMONTON
5/16	HILLIER, ZACHARY	5197	20:47.952	04:09	06:41	12/565	12/264	+00:04:08	LETHBRIDGE
6/16	BENOIT, DOMINIC	5033	22:13.251	04:26	07:08	24/565	23/264	+00:05:33	LETHBRIDGE
7/16	NEIL, KALEB	5289	22:46.631	04:33	07:19	35/565	33/264	+00:06:06	LETHBRIDGE
8/16	LEFFERS, LUKE	5233	23:03.785	04:36	07:24	41/565	39/264	+00:06:23	SPRUCE GROVE
9/16	BAREMAN, ETHAN	5011	25:38.042	05:07	08:14	88/565	77/264	+00:08:58	TABER
10/16	KLASSEN, NICHOLAS	5222	28:20.636	05:40	09:06	121/565	95/264	+00:11:40	COALDALE
11/16	BENOIT, NICOLAS	5034	28:53.081	05:46	09:17	129/565	101/264	+00:12:13	LETHBRIDGE
12/16	MIEDEMA, KOEN	5283	30:29.508	06:05	09:48	160/565	122/264	+00:13:49	COALDALE
13/16	CLARKE, TANNER	5420	32:29.993	06:29	10:27	205/565	144/264	+00:15:50	COALDALE
14/16	BEKKERING, GAVIN	5027	32:35.163	06:31	10:28	208/565	146/264	+00:15:55	LETHBRIDGE
15/16	MAROIS, JAREL	5258	33:20.273	06:40	10:43	215/565	149/264	+00:16:40	COALDALE
16/16	BURKE, MARK	5061	36:50.933	07:22	11:50	273/565	176/264	+00:20:11	COALDALE

## 5K20-29F - 29 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/29	TESKE, WHITNEY	5437	24:46.741	04:57	07:58	70/565	7/301	+00:00:00	LETHBRIDGE
2/29	BOHNET, MARIA	5043	26:06.443	05:13	08:23	95/565	15/301	+00:01:19	BOW ISLAND
3/29	LIVINGSTONE, TAMARIN	5239	29:31.434	05:54	09:29	141/565	32/301	+00:04:44	LETHBRIDGE
4/29	BISSONNETTE, MAKAYLA	5040	31:06.680	06:13	10:00	178/565	46/301	+00:06:19	LETHBRIDGE
5/29	DE BOER, EMMA	5105	34:37.473	06:55	11:07	231/565	75/301	+00:09:50	COALDALE
6/29	KLETKE, HOLLY	5225	35:36.940	07:07	11:27	253/565	85/301	+00:10:50	LETHBRIDGE
7/29	UGLEM, SEANNA	5373	39:00.333	07:48	12:32	308/565	120/301	+00:14:13	LETHBRIDGE
8/29	GIESBRECHT, CHRISTINA	5524	39:09.218	07:49	12:35	310/565	121/301	+00:14:22	COALDALE

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Offset = Diff from Category win time hh:mm:ss

## Category Results

5K Run - 3.1 Miles  
565 Finishers

## 5K20-29F - 29 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
9/29	OOSTLANDER, DANA E	5301	39:13.833	07:50	12:36	314/565	124/301	+00:14:27	NOBLEFORD
10/29	DE LEEUW, BECKY	5109	39:14.578	07:50	12:37	315/565	125/301	+00:14:27	PICTURE BUTTE
11/29	PRUMMEL, DIANNE	5577	40:05.744	08:01	12:53	325/565	134/301	+00:15:19	COALDALE
12/29	DE LEEUW, JALAINA	5617	40:34.288	08:06	13:02	330/565	137/301	+00:15:47	PICTURE BUTTE
13/29	TAMS BETTS, SAMANTHA	5366	40:49.977	08:09	13:07	337/565	142/301	+00:16:03	LETHBRIDGE
14/29	SILVER, TAYLA	5436	40:52.489	08:10	13:08	339/565	144/301	+00:16:05	MONARCH
15/29	SILVA, JORDYN	5347	42:16.201	08:27	13:35	362/565	162/301	+00:17:29	LETHBRIDGE
16/29	TOTH, SYDNEY	5371	42:16.565	08:27	13:35	363/565	163/301	+00:17:29	LETHBRIDGE
17/29	ABREY, KACI	5001	42:31.703	08:30	13:40	364/565	164/301	+00:17:44	COALDALE
18/29	MATHER, KYRA	5267	43:11.991	08:38	13:53	372/565	169/301	+00:18:25	FOOTHILLS NO. 3
19/29	VIENNEAU, KATIE	5391	44:29.871	08:53	14:18	386/565	178/301	+00:19:43	COALDALE
20/29	MARTENS, HELENA	5264	45:12.819	09:02	14:32	401/565	189/301	+00:20:26	COALDALE
21/29	THIBAUT, AMBER	5367	45:13.022	09:02	14:32	402/565	190/301	+00:20:26	LETHBRIDGE
22/29	WHITE QUILLS, BROOKE	5445	46:29.420	09:17	14:56	416/565	199/301	+00:21:42	CARDSTON
23/29	FONTAINE, ABI	5138	48:19.575	09:39	15:32	437/565	211/301	+00:23:32	LETHBRIDGE
24/29	BESON, MAGGIE-MAE	5036	49:07.927	09:49	15:47	447/565	217/301	+00:24:21	COALDALE
25/29	GALLAMORE, SHAYLA	5150	49:34.714	09:54	15:56	450/565	219/301	+00:24:47	LETHBRIDGE
26/29	WHITE MAN, CODY	5406	52:37.363	10:31	16:55	469/565	231/301	+00:27:50	MOSES LAKE
27/29	STICKEL, KAYLA	5361	56:02.575	11:12	18:01	507/565	259/301	+00:31:15	COALDALE
28/29	BRYANT, JORDYN	5050	58:39.922	11:43	18:51	524/565	271/301	+00:33:53	COALDALE
29/29	BECKER, ERIN	5567	1:04:35.419	12:55	20:46	553/565	291/301	+00:39:48	COALDALE

## 5K20-29M - 28 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/28	KIMUTAI, RUTTO	5548	16:38.554	03:19	05:21	1/565	1/264	+00:00:00	LETHBRIDGE
2/28	MOHAMED, KAYSAN	5285	18:50.515	03:46	06:03	3/565	3/264	+00:02:11	PICTURE BUTTE
3/28	VAN DIJK, DAVID	5378	19:44.234	03:56	06:20	7/565	7/264	+00:03:05	COALHURST
4/28	BETT, JAMES	5416	21:28.466	04:17	06:54	17/565	17/264	+00:04:49	COALDALE
5/28	SAUNDERS, CONNOR	5433	21:57.299	04:23	07:03	20/565	20/264	+00:05:18	LETHBRIDGE
6/28	MACLEAN, BRENDAN	5248	22:05.864	04:25	07:06	21/565	21/264	+00:05:27	LETHBRIDGE
7/28	KYJAC-URASAKI, EVIAN	5229	22:42.672	04:32	07:18	29/565	28/264	+00:06:04	LETHBRIDGE
8/28	FORSTER, MICHAEL	5140	22:43.145	04:32	07:18	30/565	29/264	+00:06:04	LETHBRIDGE
9/28	JUNEAU, DUSTIN	5547	22:44.368	04:32	07:18	31/565	30/264	+00:06:05	LETHBRIDGE
10/28	MORRIS, RHYS	5286	22:46.558	04:33	07:19	34/565	32/264	+00:06:08	COALDALE
11/28	WIGTON, ANDREW	5408	24:37.643	04:55	07:55	66/565	60/264	+00:07:59	LETHBRIDGE
12/28	BUTTERWICK, NOAH	5418	24:46.680	04:57	07:58	69/565	63/264	+00:08:08	LETHBRIDGE
13/28	DE BOER, OWEN	5106	25:19.663	05:03	08:08	78/565	69/264	+00:08:41	COALDALE
14/28	GEDNY, CHASE	5425	26:01.437	05:12	08:22	93/565	79/264	+00:09:22	COALDALE
15/28	NEUSTAETER, PETER	5292	28:56.456	05:47	09:18	132/565	104/264	+00:12:17	COALDALE
16/28	GEERAERT, MITCHELL	5284	29:51.113	05:58	09:35	150/565	115/264	+00:13:12	TABER
17/28	FURGESON, BLAKE	5457	30:42.010	06:08	09:52	166/565	127/264	+00:14:03	LETHBRIDGE
18/28	BAREMAN, GAVIN	5012	31:04.388	06:12	09:59	177/565	132/264	+00:14:25	TABER
19/28	SEREBRYANSKY, MARK	5345	31:40.340	06:20	10:11	188/565	138/264	+00:15:01	LETHBRIDGE
20/28	LINDBLAD, RYAN	5238	33:44.529	06:44	10:50	222/565	154/264	+00:17:05	CALGARY
21/28	OSKAM, FRANS	5461	34:42.918	06:56	11:09	233/565	158/264	+00:18:04	PICTURE BUTTE
22/28	ERICKSON, LAYNE	5452	37:01.547	07:24	11:54	276/565	179/264	+00:20:22	COALDALE
23/28	ULLY, BRETT	5374	37:33.857	07:30	12:04	285/565	181/264	+00:20:55	LETHBRIDGE
24/28	OOSTLANDER, JASON	5302	39:00.304	07:48	12:32	307/565	188/264	+00:22:21	NOBLEFORD
25/28	JAMES, AUSTIN	5204	40:35.228	08:07	13:03	333/565	194/264	+00:23:56	COALDALE
26/28	BERGEN, PONCHO	5479	47:11.563	09:26	15:10	425/565	223/264	+00:30:33	COALDALE
27/28	GALLAMORE, SHEH	5151	49:34.948	09:54	15:56	451/565	232/264	+00:32:56	LETHBRIDGE
28/28	BESON, WILLIAM	5038	49:36.038	09:55	15:56	453/565	234/264	+00:32:57	COALDALE

## 5K30-39F - 57 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/57	DE LEEUW, ARIETTE	5108	25:23.709	05:04	08:09	79/565	10/301	+00:00:00	COALHURST
2/57	ANDERSON, BRITTANY	5414	25:36.264	05:07	08:13	85/565	11/301	+00:00:12	LETHBRIDGE
3/57	CROWDER, NICOLE	5101	25:59.677	05:11	08:21	91/565	14/301	+00:00:35	LETHBRIDGE
4/57	WARD, JANENE	5402	27:53.674	05:34	08:58	115/565	24/301	+00:02:29	LETHBRIDGE
5/57	WAGENAAR, ASHLEY	5466	28:31.310	05:42	09:10	123/565	28/301	+00:03:07	COALDALE
6/57	STRAUTS, KATHERINE	5364	29:31.963	05:54	09:29	142/565	33/301	+00:04:08	LETHBRIDGE
7/57	LOGAN, HELEN	5595	30:52.059	06:10	09:55	168/565	40/301	+00:05:28	COALDALE
8/57	VOSSEBELT, DEB	5394	30:56.312	06:11	09:56	173/565	42/301	+00:05:32	LETHBRIDGE
9/57	EARL, MELISSA	5122	31:47.457	06:21	10:13	192/565	54/301	+00:06:23	MAGRATH
10/57	FLEXHAUG, MIRINDA	5136	32:23.173	06:28	10:24	201/565	59/301	+00:06:59	COALDALE
11/57	LEUSINK, LINDSEY	5236	32:27.064	06:29	10:26	202/565	60/301	+00:07:03	COALDALE
12/57	GRAYSTON, BROOKE	5166	32:38.833	06:31	10:29	209/565	63/301	+00:07:15	LETHBRIDGE

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Offset = Diff from Category win time hh:mm:ss

Category Results

5K Run - 3.1 Miles  
565 Finishers

5K30-39F - 57 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
13/57	SCHMIDT, ASHLEIGH	5434	32:46.394	06:33	10:32	211/565	64/301	+00:07:22	LETHBRIDGE
14/57	LAMMERS-POTTAGE, ANDREA	5230	33:28.035	06:41	10:45	219/565	67/301	+00:08:04	LETHBRIDGE
15/57	BROWN, LAUREN	5580	33:30.335	06:42	10:46	220/565	68/301	+00:08:06	MAGRATH AB
16/57	WRIGHT, AMANDA	5410	34:06.194	06:49	10:57	226/565	71/301	+00:08:42	LETHBRIDGE
17/57	FROESE, LEANNE	5146	34:27.219	06:53	11:04	229/565	73/301	+00:09:03	RAYMOND
18/57	HEATHER, AMY	5182	34:49.586	06:57	11:11	237/565	78/301	+00:09:25	COALDALE
19/57	ATWOOD, ELIZABETH	5007	35:30.804	07:06	11:25	248/565	83/301	+00:10:07	LETHBRIDGE
20/57	HUNSPERGER, KALINDA	5200	36:34.716	07:18	11:45	268/565	94/301	+00:11:11	MAGRATH
21/57	HIEMSTRA, KIRA	5193	37:36.844	07:31	12:05	287/565	106/301	+00:12:13	COALDALE
22/57	HERTZIG, DANA	5515	37:49.230	07:33	12:09	291/565	109/301	+00:12:25	COALDALE
23/57	ROBINSON, LACEY	5325	38:02.717	07:36	12:13	293/565	111/301	+00:12:39	COALDALE
24/57	KEAN, ALLY	5214	39:50.550	07:58	12:48	319/565	128/301	+00:14:26	LETHBRIDGE
25/57	VEURINK, JANITA	5390	40:22.298	08:04	12:58	327/565	135/301	+00:14:58	COALDALE
26/57	SCOTT, BRENNA	5343	40:22.357	08:04	12:58	328/565	136/301	+00:14:58	LETHBRIDGE
27/57	BULLOCK, CHELSIE	5051	40:34.720	08:06	13:02	331/565	138/301	+00:15:11	BARNWELL
28/57	MERCER, TRISTIN	5278	41:01.430	08:12	13:11	345/565	150/301	+00:15:37	COALDALE
29/57	MERKL, KIMBERLY	5279	41:14.658	08:14	13:15	350/565	154/301	+00:15:50	LETHBRIDGE COL
30/57	UNRUH, MATHILDE	5376	41:32.330	08:18	13:21	353/565	157/301	+00:16:08	TABER
31/57	OHLMANN, NIKKI	5298	41:39.779	08:19	13:23	356/565	158/301	+00:16:16	COALDALE
32/57	OLSEN, MEGAN	5300	43:40.159	08:44	14:02	377/565	171/301	+00:18:16	LETHBRIDGE
33/57	CORKUM, ARLENE	5091	44:07.416	08:49	14:11	383/565	176/301	+00:18:43	COALDALE
34/57	GOERTZEN, CARRIE	5161	44:44.564	08:56	14:23	390/565	182/301	+00:19:20	LETHBRIDGE
35/57	GOERTZ, NIKKI	5159	44:45.751	08:57	14:23	391/565	183/301	+00:19:22	COALDALE
36/57	EVANS, ASHLEY	5126	44:54.599	08:58	14:26	392/565	184/301	+00:19:30	LETHBRIDGE COL
37/57	SLINGERLAND, KIM	5350	45:47.669	09:09	14:43	408/565	194/301	+00:20:23	LETHBRIDGE
38/57	FRIESEN, SUSIE	5145	47:22.059	09:28	15:13	427/565	203/301	+00:21:58	TURIN
39/57	CLARK, KARLEEN	5076	47:52.169	09:34	15:23	433/565	207/301	+00:22:28	COALDALE
40/57	ABREY-MCKEOWN, DARCEE	5003	48:13.340	09:38	15:30	436/565	210/301	+00:22:49	COALDALE
41/57	VELDMAN, JESSICA	5572	50:30.088	10:06	16:14	458/565	223/301	+00:25:06	COALHURST
42/57	COOK, JODY	5087	52:31.851	10:30	16:53	466/565	229/301	+00:27:08	COALDALE
43/57	POOLE, CHARITY	5610	52:58.234	10:35	17:01	474/565	235/301	+00:27:34	LETHBRIDGE
44/57	JENSEN, JOSI	5210	53:52.707	10:46	17:19	485/565	243/301	+00:28:28	BARNWELL
45/57	HATCH, SUSAN	5178	53:52.929	10:46	17:19	486/565	244/301	+00:28:29	ELKPOINT
46/57	BISSCHOP, HEATHER	5417	54:20.174	10:52	17:28	491/565	248/301	+00:28:56	COALDALE
47/57	VELASQUEZ, MONICA	5387	54:33.715	10:54	17:32	492/565	249/301	+00:29:10	LETHBRIDGE
48/57	WOODRUFF, KRISTAL	5409	54:37.567	10:55	17:33	495/565	251/301	+00:29:13	CALGARY
49/57	LOHUES, KRISTEN	5244	55:49.757	11:09	17:57	504/565	256/301	+00:30:26	COALDALE
50/57	BULTENA, MICHELLE	5057	56:37.436	11:19	18:12	515/565	264/301	+00:31:13	COALDALE
51/57	PYRET, RAELENE	5498	59:26.135	11:53	19:06	530/565	275/301	+00:34:02	LETHBRIDGE
52/57	ALLISON, AIMEE	5474	1:00:43.974	12:08	19:31	534/565	278/301	+00:35:20	COALDALE
53/57	HERTER, LINDSEY	5188	1:03:44.550	12:44	20:29	547/565	285/301	+00:38:20	LETHBRIDGE
54/57	CHRUCH, MELISSA	5071	1:03:45.090	12:45	20:29	549/565	287/301	+00:38:21	LETHBRIDGE
55/57	HORNE, SHAUNA	5199	1:03:45.113	12:45	20:29	550/565	288/301	+00:38:21	LETHBRIDGE
56/57	ALVES, RUTH	5336	1:08:27.955	13:41	22:00	562/565	299/301	+00:43:04	COALDALE
57/57	ORSTEN, AMANDA	5303	1:13:39.840	14:43	23:41	564/565	300/301	+00:48:16	COALDALE

5K30-39M - 48 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/48	LJA, ROB	5240	19:25.927	03:53	06:14	4/565	4/264	+00:00:00	COALDALE
2/48	KEMEI, MANASSES	5582	21:09.562	04:13	06:48	14/565	14/264	+00:01:43	LETHBRIDGE
3/48	OLESEN, TRENT	5299	21:22.580	04:16	06:52	16/565	16/264	+00:01:56	LETHBRIDGE
4/48	SCHAFTHUIZEN, DEVIN	5339	21:40.385	04:20	06:58	19/565	19/264	+00:02:14	COALDALE
5/48	BOLTEZAR, MARK	5044	22:11.113	04:26	07:08	23/565	22/264	+00:02:45	COALDALE
6/48	MERCER, ANDREW	5275	22:45.190	04:33	07:18	32/565	31/264	+00:03:19	COALDALE
7/48	DE LEEUW, DEREK	5110	22:54.592	04:34	07:21	38/565	36/264	+00:03:28	COALHURST
8/48	VAN REEUWYK, MARTY	5565	22:58.339	04:35	07:23	39/565	37/264	+00:03:32	LETHBRIDGE
9/48	MARCINKOWSKI, GAVIN	5251	23:01.042	04:36	07:24	40/565	38/264	+00:03:35	LETHBRIDGE
10/48	GOERTZ, BRADY	5158	24:04.884	04:48	07:44	52/565	47/264	+00:04:38	COALDALE
11/48	BROWN, JORDAN	5049	24:08.324	04:49	07:45	53/565	48/264	+00:04:42	TABER
12/48	TROCKSTAD, CHAD	5588	24:19.681	04:51	07:49	57/565	52/264	+00:04:53	COALDALE
13/48	HEALY, RILEY	5181	24:25.413	04:53	07:51	63/565	58/264	+00:04:59	THE DITCH
14/48	KAWCHUK, MICHAEL	5213	24:40.836	04:56	07:56	68/565	62/264	+00:05:14	LETHBRIDGE
15/48	MCKEOWN, KEVIN	5270	26:50.821	05:22	08:37	101/565	82/264	+00:07:24	COALDALE
16/48	ROOT, ZACK	5334	27:46.867	05:33	08:55	112/565	90/264	+00:08:20	COALDALE
17/48	BOEHMER, KATLIN	5042	28:19.730	05:39	09:06	120/565	94/264	+00:08:53	COALDALE
18/48	COOK, SHAWN	5089	28:33.006	05:42	09:10	124/565	96/264	+00:09:07	LETHBRIDGE

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Offset = Diff from Category win time hh:mm:ss

## Category Results

5K Run - 3.1 Miles  
565 Finishers

## 5K30-39M - 48 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
19/48	ENNS, DAVID	5125	28:55.941	05:47	09:18	131/565	103/264	+00:09:30	COALDALE
20/48	SANGSTER, BRODY	5338	29:28.320	05:53	09:28	139/565	108/264	+00:10:02	LETHBRIDGE
21/48	VEURINK, STEVEN	5518	29:40.581	05:56	09:32	145/565	111/264	+00:10:14	COALDALE
22/48	MCKERLIE, CALEB	5271	29:43.371	05:56	09:33	147/565	112/264	+00:10:17	COALDALE
23/48	KEAN, CHAD	5215	30:06.460	06:01	09:40	154/565	119/264	+00:10:40	LETHBRIDGE
24/48	HEYLAND, MITCHELL	5189	30:35.612	06:07	09:50	162/565	124/264	+00:11:09	LETHBRIDGE
25/48	STANLEY, SHELDON	5357	30:37.428	06:07	09:50	164/565	125/264	+00:11:11	COALHURST
26/48	GOERTZEN, NATHAN	5162	30:44.328	06:08	09:53	167/565	128/264	+00:11:18	LETHBRIDGE
27/48	CLARK, JARED	5075	31:14.420	06:14	10:02	181/565	134/264	+00:11:48	COALDALE
28/48	MCLEAN, COLIN	5597	34:20.024	06:52	11:02	228/565	156/264	+00:14:54	COALDALE
29/48	CAPPER, BRANDON	5064	35:18.101	07:03	11:21	242/565	163/264	+00:15:52	COALDALE
30/48	KOBA, TIM	5227	35:30.491	07:06	11:25	247/565	165/264	+00:16:04	COALDALE
31/48	ATWOOD, NIGEL	5008	35:31.432	07:06	11:25	249/565	166/264	+00:16:05	LETHBRIDGE
32/48	ROBINSON, RYAN	5326	35:34.854	07:06	11:26	250/565	167/264	+00:16:08	COALDALE
33/48	HIEMSTRA, KYLE	5194	37:38.398	07:31	12:06	289/565	182/264	+00:18:12	COALDALE
34/48	SLINGERLAND, DARCY	5349	38:05.239	07:37	12:14	295/565	183/264	+00:18:39	LETHBRIDGE
35/48	MAROIS, NATE	5260	38:19.143	07:39	12:19	298/565	185/264	+00:18:53	COALDALE
36/48	MCINTOSH, MARK	5269	38:51.498	07:46	12:29	306/565	187/264	+00:19:25	COALDALE
37/48	VARJASSY, CLAYTON	5385	39:05.534	07:49	12:34	309/565	189/264	+00:19:39	COALDALE
38/48	MERCER, PETER	5277	41:02.261	08:12	13:11	346/565	196/264	+00:21:36	COALDALE
39/48	THIBAUT, DANIEL	5368	42:10.891	08:26	13:33	361/565	200/264	+00:22:44	LETHBRIDGE
40/48	EVANS, JORY	5127	43:08.284	08:37	13:52	368/565	202/264	+00:23:42	LETHBRIDGE COL
41/48	MARTENS, DAVID	5263	45:13.053	09:02	14:32	403/565	213/264	+00:25:47	COALDALE
42/48	GURLEVITCH, MATTHEW	5172	46:49.310	09:21	15:03	421/565	220/264	+00:27:23	LETHBRIDGE
43/48	CONNON, CHRISTIAN	5480	47:12.745	09:26	15:10	426/565	224/264	+00:27:46	COALDALE
44/48	VELDMAN, RYAN	5575	49:05.290	09:49	15:47	445/565	229/264	+00:29:39	COALHURST
45/48	ROBILLARD, JARED	5322	54:36.779	10:55	17:33	494/565	244/264	+00:35:10	COALDALE
46/48	LOHUES, CONNOR	5243	55:49.558	11:09	17:57	503/565	248/264	+00:36:23	COALDALE
47/48	TORGUNRUD, DUSTIN	5502	1:00:39.043	12:07	19:30	532/565	256/264	+00:41:13	LETHBRIDGE COL
48/48	RIEGER JUNQUEIRA, GABRIEL	5319	1:08:30.127	13:42	22:01	563/565	264/264	+00:49:04	COALDALE

## 5K40-49F - 53 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/53	SMITH, TRACY	5352	25:15.601	05:03	08:07	77/565	9/301	+00:00:00	LETHBRIDGE
2/53	VEURINK, TINA	5599	26:26.949	05:17	08:30	97/565	16/301	+00:01:11	COALDALE
3/53	PLAUSTEINER, LISA	5313	26:38.999	05:19	08:34	100/565	19/301	+00:01:23	LETHBRIDGE
4/53	DELVAL, IRENE	5421	27:53.525	05:34	08:58	114/565	23/301	+00:02:37	LETHBRIDGE
5/53	VAN RIJN, LINDSAY	5382	27:58.440	05:35	08:59	118/565	25/301	+00:02:42	LETHBRIDGE
6/53	COE, SONJA	5078	29:43.205	05:56	09:33	146/565	35/301	+00:04:27	LETHBRIDGE
7/53	TAMS, CATHERINE	5365	30:17.619	06:03	09:44	156/565	36/301	+00:05:02	TABER
8/53	VEDRES, FAYLA	5386	30:56.808	06:11	09:57	174/565	43/301	+00:05:41	LETHBRIDGE
9/53	MUNDELL, KELLY	5614	31:23.337	06:16	10:05	183/565	48/301	+00:06:07	COALDALE
10/53	LUKINUK, ELIZABETH	5532	31:42.281	06:20	10:11	190/565	52/301	+00:06:26	LETHBRIDGE
11/53	CONRAD, TANYA	5082	31:50.654	06:22	10:14	194/565	55/301	+00:06:35	COALDALE
12/53	KINAHAN, KIRA	5218	31:57.224	06:23	10:16	196/565	56/301	+00:06:41	LETHBRIDGE
13/53	YPMA, JENNETTE	5542	32:04.199	06:24	10:18	199/565	57/301	+00:06:48	PURPLE SPRINGS
14/53	BAREMAN, NATALIE	5014	32:32.075	06:30	10:27	207/565	62/301	+00:07:16	TABER
15/53	GARCIA RODRIGUEZ, VICKY	5424	33:14.888	06:38	10:41	213/565	66/301	+00:07:59	LETHBRIDGE
16/53	SIJPHEER, CINDY	5346	34:46.537	06:57	11:10	235/565	76/301	+00:09:30	LETHBRIDGE
17/53	CAMPS, CAYLEY	5062	35:24.182	07:04	11:23	243/565	80/301	+00:10:08	TABER
18/53	HARTHOORN, MELANIE	5175	36:27.825	07:17	11:43	264/565	91/301	+00:11:12	COALDALE
19/53	VAN GEEST, MARY	5379	37:01.940	07:24	11:54	277/565	98/301	+00:11:46	TABER
20/53	PERRY, SALINA	5306	37:10.854	07:26	11:57	280/565	101/301	+00:11:55	LETHBRIDGE
21/53	JANZEN, CORRINE	5205	37:11.904	07:26	11:57	281/565	102/301	+00:11:56	LETHBRIDGE
22/53	COQUET, LEANNE	5521	38:34.318	07:42	12:24	302/565	116/301	+00:13:18	COALDALE
23/53	SPENCER, JILL	5551	39:10.024	07:50	12:35	311/565	122/301	+00:13:54	LETHBRIDGE
24/53	WALL, MELISSA	5397	39:11.502	07:50	12:36	313/565	123/301	+00:13:55	COALDALE
25/53	VAN DER MOLEN, JOLENE	5561	40:02.254	08:00	12:52	323/565	132/301	+00:14:46	COALDALE
26/53	KINNIBURGH, CORI	5219	40:05.440	08:01	12:53	324/565	133/301	+00:14:49	LETHBRIDGE
27/53	FEYTER, MELISSA	5423	40:51.977	08:10	13:08	338/565	143/301	+00:15:36	MONARCH
28/53	HARRIS, STACEY	5427	40:53.520	08:10	13:08	341/565	146/301	+00:15:37	TABER
29/53	ROELOFSEN, BRANDI	5328	41:49.680	08:21	13:26	357/565	159/301	+00:16:34	LETHBRIDGE
30/53	BEKKERING, STEPHANIE	5029	43:39.783	08:43	14:02	376/565	170/301	+00:18:24	LETHBRIDGE
31/53	STANDEN, AMBER	5355	43:44.503	08:44	14:03	378/565	172/301	+00:18:28	LETHBRIDGE
32/53	FEGAN, LINSEY	5456	44:30.754	08:54	14:18	387/565	179/301	+00:19:15	LETHBRIDGE COL
33/53	GUDMUNDSON, BECKY	5169	44:57.270	08:59	14:27	396/565	186/301	+00:19:41	COALDALE

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Offset = Diff from Category win time hh:mm:ss

## Category Results

5K Run - 3.1 Miles  
565 Finishers

## 5K40-49F - 53 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
34/53	MCLAIN, LORI	5274	45:03.138	09:00	14:29	398/565	188/301	+00:19:47	COALDALE
35/53	BARNES, KRISTY	5017	45:24.845	09:04	14:36	407/565	193/301	+00:20:09	PICTURE BUTTE
36/53	HAYES, LORIE	5179	45:54.657	09:10	14:45	410/565	196/301	+00:20:39	LETHBRIDGE
37/53	IWANCZUK, LEAH	5429	46:25.253	09:17	14:55	413/565	197/301	+00:21:09	COALHURST
38/53	CHUDOBIAK, APRIL	5072	46:50.821	09:22	15:03	422/565	202/301	+00:21:35	COALDALE
39/53	DIETRICH, ELIZABETH	5118	47:58.122	09:35	15:25	434/565	208/301	+00:22:42	COALDALE
40/53	FONTAINE, JAIME	5139	48:21.951	09:40	15:33	438/565	212/301	+00:23:06	LETHBRIDGE
41/53	PERSSON, VANESSA	5308	48:46.758	09:45	15:41	439/565	213/301	+00:23:31	LETHBRIDGE
42/53	DAWSON, MONIQUE	5482	49:12.983	09:50	15:49	448/565	218/301	+00:23:57	LETHBRIDGE
43/53	THOMPSON, TRACY	5369	52:58.778	10:35	17:02	476/565	236/301	+00:27:43	LETHBRIDGE
44/53	ANCA, CHARITY	5475	53:01.510	10:36	17:02	478/565	238/301	+00:27:45	COALDALE
45/53	CURTIS, MEGAN	5523	54:08.479	10:49	17:24	488/565	245/301	+00:28:52	COALDALE
46/53	WUTKE, ERIN	5413	56:24.270	11:16	18:08	510/565	262/301	+00:31:08	COALDALE
47/53	METZGER, JAIME	5458	58:56.414	11:47	18:57	527/565	274/301	+00:33:40	COALDALE
48/53	ROLHEISON, KENDRA	5330	1:02:25.862	12:29	20:04	539/565	280/301	+00:37:10	LETHBRIDGE
49/53	BENNETT, AMANDA	5031	1:02:39.069	12:31	20:08	543/565	282/301	+00:37:23	PICTURE BUTTE
50/53	GOODSTRIKER, CHRISSEY	5164	1:02:40.896	12:32	20:09	544/565	283/301	+00:37:25	STANDOFF
51/53	BEEKMAN, ERIN	5021	1:05:11.396	13:02	20:57	555/565	292/301	+00:39:55	COALDALE
52/53	SCOTT, LISA	5344	1:07:42.946	13:32	21:46	557/565	294/301	+00:42:27	BARNWELL
53/53	RENNER, ANGELA	5318	1:07:46.590	13:33	21:47	558/565	295/301	+00:42:30	BARNWELL

## 5K40-49M - 34 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/34	FRIESEN, CHARLES	5143	19:43.379	03:56	06:20	6/565	6/264	+00:00:00	LETHBRIDGE
2/34	GUNDERSON, DAVID	5171	20:57.737	04:11	06:44	13/565	13/264	+00:01:14	LETHBRIDGE
3/34	DIBBEN, MITCHEL	5117	21:13.447	04:14	06:49	15/565	15/264	+00:01:30	LETHBRIDGE
4/34	CHRISTENSEN, BRENT	5593	22:30.018	04:30	07:14	27/565	26/264	+00:02:46	LETHBRIDGE
5/34	FERNANDEZ-BOLANOS, MARCELO	5422	22:36.761	04:31	07:16	28/565	27/264	+00:02:53	LETHBRIDGE
6/34	PAUL, TYLER	5431	23:13.547	04:38	07:28	44/565	42/264	+00:03:30	TABER
7/34	VEURINK, IVAN	5598	24:03.422	04:48	07:44	51/565	46/264	+00:04:20	COALDALE
8/34	WALDIE, WILLIAM	5442	24:22.485	04:52	07:50	60/565	55/264	+00:04:39	LETHBRIDGE
9/34	DAVY, DAN	5103	25:32.350	05:06	08:12	81/565	71/264	+00:05:48	LETHBRIDGE
10/34	CORKUM, DANIEL	5481	25:37.763	05:07	08:14	87/565	76/264	+00:05:54	COALDALE
11/34	HARTHORN, PETE	5177	26:01.405	05:12	08:22	92/565	78/264	+00:06:18	COALDALE
12/34	HOY, LONNY	5493	27:31.544	05:30	08:51	111/565	89/264	+00:07:48	LETHBRIDGE
13/34	BENOIT, ANDY	5032	28:53.963	05:46	09:17	130/565	102/264	+00:09:10	LETHBRIDGE
14/34	WALDORF, RYAN	5395	29:10.360	05:50	09:22	136/565	107/264	+00:09:26	LETHBRIDGE
15/34	SPENCER, LOCKE	5555	29:59.529	05:59	09:38	151/565	116/264	+00:10:16	LETHBRIDGE
16/34	KLASSEN, MATTHEW	5221	30:17.967	06:03	09:44	157/565	121/264	+00:10:34	TABER
17/34	CONRAD, TRAVIS	5083	30:32.340	06:06	09:49	161/565	123/264	+00:10:48	COALDALE
18/34	WALL, ANDREW	5396	30:52.278	06:10	09:55	170/565	130/264	+00:11:08	COALDALE
19/34	MAZEROLLE, KEVIN	5268	31:55.332	06:23	10:15	195/565	140/264	+00:12:11	LETHBRIDGE
20/34	WARKENTIN, SCOTT	5403	33:20.570	06:40	10:43	216/565	150/264	+00:13:37	LETHBRIDGE
21/34	EAVES, BRYCE	5124	33:33.530	06:42	10:47	221/565	153/264	+00:13:50	LETHBRIDGE
22/34	DIEK, LEON	5483	35:06.622	07:01	11:17	238/565	160/264	+00:15:23	COALDALE
23/34	BEEKMAN, JASON	5022	36:37.393	07:19	11:46	270/565	175/264	+00:16:54	COALDALE
24/34	STANDEN, JIM	5356	36:58.984	07:23	11:53	275/565	178/264	+00:17:15	LETHBRIDGE
25/34	FEGAN, CHRIS	5455	38:19.881	07:39	12:19	299/565	186/264	+00:18:36	LETHBRIDGE COL
26/34	BULTENA, BRANDON	5052	42:00.898	08:24	13:30	360/565	199/264	+00:22:17	COALDALE
27/34	BEKKERING, MATTHEW	5028	46:47.678	09:21	15:02	418/565	218/264	+00:27:04	LETHBRIDGE
28/34	BAREMAN, TRAVIS	5015	49:02.107	09:48	15:46	441/565	227/264	+00:29:18	TABER
29/34	STIENLEY, RYAN	5363	49:03.809	09:48	15:46	443/565	228/264	+00:29:20	COALDALE
30/34	COOK, JASON	5086	52:31.953	10:30	16:53	467/565	238/264	+00:32:48	COALDALE
31/34	ROBILLARD, CATHY	5321	54:37.972	10:55	17:34	496/565	245/264	+00:34:54	COALDALE
32/34	VAN MILL, CAMERON	5380	56:24.991	11:16	18:08	512/565	250/264	+00:36:41	COALDALE
33/34	ROLHEISON, JAMES	5329	1:02:24.512	12:28	20:04	537/565	258/264	+00:42:41	LETHBRIDGE
34/34	QUINTON, JUSTIN	5315	1:02:37.716	12:31	20:08	540/565	260/264	+00:42:54	PICTURE BUTTE

## 5K50-59F - 22 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/22	GARDEN, DANA	5165	26:33.170	05:18	08:32	99/565	18/301	+00:00:00	LETHBRIDGE
2/22	SPATE, GENA	5354	27:03.341	05:24	08:41	104/565	20/301	+00:00:30	TABER
3/22	GAUTHIER, HEATHER	5152	27:13.048	05:26	08:45	105/565	21/301	+00:00:39	LETHBRIDGE
4/22	KASKO, SHANNON	5212	31:37.795	06:19	10:10	187/565	50/301	+00:05:04	COALDALE
5/22	KONYNENBELT, ANNE	5470	35:24.442	07:04	11:23	244/565	81/301	+00:08:51	LETHBRIDGE
6/22	GEERAERT, ARLENE	5154	38:32.902	07:42	12:23	300/565	114/301	+00:11:59	TABER
7/22	GEDNY, TRINA	5153	38:43.133	07:44	12:26	304/565	118/301	+00:12:09	TABER



OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Offset = Diff from Category win time hh:mm:ss

## Category Results

5K Run - 3.1 Miles  
565 Finishers

## 5K50-59F - 22 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
8/22	WOODS, TANYA	5449	39:36.145	07:55	12:44	317/565	126/301	+00:13:02	COALDALE
9/22	PITSTRA, JACOMINA	5311	45:19.810	09:03	14:34	405/565	191/301	+00:18:46	COALDALE
10/22	VADNAIS, JENNIFER	5377	47:52.157	09:34	15:23	432/565	206/301	+00:21:18	LETHBRIDGE
11/22	BENTLEY, SUE	5035	50:17.608	10:03	16:10	455/565	221/301	+00:23:44	LETHBRIDGE
12/22	CLARK, DONICA	5073	50:18.022	10:03	16:10	456/565	222/301	+00:23:44	COALDALE
13/22	PRICE, JACQUELINE	5496	51:30.052	10:18	16:33	460/565	225/301	+00:24:56	COALDALE
14/22	BARTZ, MONICA	5018	52:42.146	10:32	16:56	471/565	232/301	+00:26:08	COALDALE
15/22	ELGERSMA, TRUDY	5468	52:56.395	10:35	17:01	472/565	233/301	+00:26:23	LETHBRIDGE
16/22	PIZOR, BETH	5312	55:36.998	11:07	17:52	501/565	254/301	+00:29:03	LETHBRIDGE
17/22	STICKEL, TRACEY	5362	56:01.812	11:12	18:00	506/565	258/301	+00:29:28	LETHBRIDGE
18/22	UYTDEWILLIGEN, PATTI	5464	56:31.015	11:18	18:10	514/565	263/301	+00:29:57	COALDALE
19/22	SALMON, CINDY	5337	58:30.251	11:42	18:48	522/565	269/301	+00:31:57	COALDALE
20/22	WITHAGE, KATHY	5513	1:02:42.675	12:32	20:09	546/565	284/301	+00:36:09	COALDALE
21/22	KREIN, WANDA	5228	1:03:44.903	12:44	20:29	548/565	286/301	+00:37:11	LETHBRIDGE
22/22	ORSTEN, ELLIE	5605	1:13:40.744	14:44	23:41	565/565	301/301	+00:47:07	COALDALE

## 5K50-59M - 9 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/9	LUKINUK, BRENDT	5531	22:48.725	04:33	07:20	36/565	34/264	+00:00:00	LETHBRIDGE
2/9	WALTER, GREG	5400	25:28.120	05:05	08:11	80/565	70/264	+00:02:39	COALDALE
3/9	KASKO, RYAN	5211	26:56.831	05:23	08:39	102/565	83/264	+00:04:08	COALDALE
4/9	ABREY, JACEN	5000	27:26.137	05:29	08:49	110/565	88/264	+00:04:37	COALDALE
5/9	BROADBENT, GREGORY	5047	28:45.609	05:45	09:14	127/565	99/264	+00:05:56	LETHBRIDGE
6/9	KLASSEN, LES	5220	30:02.017	06:00	09:39	152/565	117/264	+00:07:13	COALDALE
7/9	KONYNENBELT, DUANE	5471	46:08.786	09:13	14:50	411/565	215/264	+00:23:20	LETHBRIDGE
8/9	NELSON, TONY	5494	46:14.876	09:14	14:52	412/565	216/264	+00:23:26	COALDALE
9/9	UYTDEWILLIGEN, MIKE	5463	57:15.594	11:27	18:24	517/565	253/264	+00:34:26	COALDALE

## 5K60-69F - 24 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/24	WAGENAAR, JANE	5467	28:03.487	05:36	09:01	119/565	26/301	+00:00:00	COALDALE
2/24	DE WEERD, RITA	5113	32:09.362	06:25	10:20	200/565	58/301	+00:04:05	COALDALE
3/24	CHOW, PHYLLIS	5070	33:07.777	06:37	10:39	212/565	65/301	+00:05:04	MEDICINE HAT
4/24	HOFKINK, JACKIE	5546	36:01.135	07:12	11:34	261/565	90/301	+00:07:57	LETHBRIDGE COL
5/24	MURPHY, DEBBIE	5288	37:44.209	07:32	12:08	290/565	108/301	+00:09:40	LETHBRIDGE
6/24	JENSEN, ANITA	5209	40:39.547	08:07	13:04	335/565	141/301	+00:12:36	BARNWELL
7/24	MACDONALD, TRACY	5247	41:00.205	08:12	13:11	344/565	149/301	+00:12:56	TABER
8/24	WIEST, JUDY	5407	41:13.681	08:14	13:15	349/565	153/301	+00:13:10	LETHBRIDGE
9/24	PIERZCHALA, LYNDA	5310	45:00.529	09:00	14:28	397/565	187/301	+00:16:57	LETHBRIDGE
10/24	KOZIER, MARY-ANN	5527	48:04.932	09:36	15:27	435/565	209/301	+00:20:01	COALDALE
11/24	FOWLER, CHRISTINE	5141	49:02.554	09:48	15:46	442/565	215/301	+00:20:59	COALDALE
12/24	LOFSTROM-BELL, DONNA	5241	52:58.906	10:35	17:02	477/565	237/301	+00:24:55	COALDALE
13/24	VANDYK, ELSA	5384	53:23.369	10:40	17:10	480/565	239/301	+00:25:19	LETHBRIDGE
14/24	NICHOLSON, ALICE	5293	53:34.699	10:42	17:13	481/565	240/301	+00:25:31	LETHBRIDGE
15/24	ABREY, VERA	5473	53:51.200	10:46	17:18	483/565	241/301	+00:25:47	COALDALE
16/24	VAN RYN, CHARLOTTE	5383	54:12.129	10:50	17:25	489/565	246/301	+00:26:08	COALDALE
17/24	HENRY, HEATHER	5187	55:31.987	11:06	17:51	500/565	253/301	+00:27:28	COALDALE
18/24	YEE-BRYANT, ANNIE	5563	55:58.014	11:11	17:59	505/565	257/301	+00:27:54	LETHBRIDGE
19/24	KLIMA, LINDA	5226	56:17.865	11:15	18:06	508/565	260/301	+00:28:14	LETHBRIDGE
20/24	ATZELBERGER-HAZELL, IRENE	5009	57:37.201	11:31	18:31	521/565	268/301	+00:29:33	COALDALE
21/24	CARTER, RHODA	5066	58:30.671	11:42	18:48	523/565	270/301	+00:30:27	COALDALE
22/24	MOTOKADO-BRYANT, JACKIE	5287	58:42.423	11:44	18:52	525/565	272/301	+00:30:38	LETHBRIDGE
23/24	MAROIS, EJ	5257	1:01:40.863	12:20	19:49	536/565	279/301	+00:33:37	PONOKA
24/24	LAPIERRE, MARTINE	5528	1:05:57.744	13:11	21:12	556/565	293/301	+00:37:54	LETHBRIDGE

## 5K60-69M - 15 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/15	HELWIG, JOSEPH	5185	22:53.013	04:34	07:21	37/565	35/264	+00:00:00	LETHBRIDGE
2/15	LOW, STEVEN	5246	23:09.527	04:37	07:26	42/565	40/264	+00:00:16	COALDALE
3/15	ARGYLE, GRAHAM	5006	24:22.632	04:52	07:50	62/565	57/264	+00:01:29	LETHBRIDGE
4/15	GROTEN, JOSH	5168	24:55.848	04:59	08:00	72/565	65/264	+00:02:02	DIAMOND CITY
5/15	HENRY, GLENN	5186	25:34.204	05:06	08:13	83/565	73/264	+00:02:41	COALDALE
6/15	DE WEERD, PETER	5112	31:36.127	06:19	10:09	186/565	137/264	+00:08:43	COALDALE
7/15	VELASQUEZ, ELMER	5517	32:00.833	06:24	10:17	197/565	141/264	+00:09:07	LETHBRIDGE
8/15	WEASEL FAT, HORTON	5443	46:26.308	09:17	14:55	414/565	217/264	+00:23:33	CARDSTON
9/15	CHAPMAN, BILL	5067	46:48.978	09:21	15:03	420/565	219/264	+00:23:55	COALDALE
10/15	PICKERING, DALE	5432	46:59.765	09:23	15:06	423/565	221/264	+00:24:06	COALDALE

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Offset = Diff from Category win time hh:mm:ss

## Category Results

5K Run - 3.1 Miles  
565 Finishers

## 5K60-69M - 15 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
11/15	VAN RIJN, JACK	5441	47:01.980	09:24	15:07	424/565	222/264	+00:24:08	COALDALE
12/15	BELL, DOUG	5030	52:58.431	10:35	17:02	475/565	240/264	+00:30:05	COALDALE
13/15	HOFKINK, RON	5198	56:30.572	11:18	18:10	513/565	251/264	+00:33:37	COALDALE
14/15	MAROIS, STEPHEN	5261	1:01:39.583	12:19	19:49	535/565	257/264	+00:38:46	PONOKA
15/15	WITHAGE, DON	5511	1:02:41.558	12:32	20:09	545/565	262/264	+00:39:48	COALDALE

## 5K70+F - 6 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/6	PASICIEL, RITA	5305	31:45.027	06:21	10:12	191/565	53/301	+00:00:00	MEDICINE HAT
2/6	NORRIS, JOAN	5294	35:52.881	07:10	11:32	258/565	88/301	+00:04:07	LETHBRIDGE
3/6	VANSPRONSEN, JOHANNNA	5510	44:32.512	08:54	14:19	388/565	180/301	+00:12:47	COALDALE
4/6	BURKE, CAROLINE	5059	50:58.669	10:11	16:23	459/565	224/301	+00:19:13	COALDALE
5/6	WOODS, MARY	5447	52:04.630	10:24	16:44	465/565	228/301	+00:20:19	COALDALE
6/6	ROGALSKY, DORIT	5462	54:12.934	10:50	17:25	490/565	247/301	+00:22:27	COALDALE

## 5K70+M - 5 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	OA/PI	Gen/PI	Offset	City
1/5	CUNNINGHAM, BARNEY	5102	31:34.129	06:18	10:09	185/565	136/264	+00:00:00	MEDICINE HAT
2/5	SCOTT, JIM	5581	33:18.417	06:39	10:42	214/565	148/264	+00:01:44	COALDALE
3/5	ARVIDSON, ROB	5415	33:44.741	06:44	10:51	223/565	155/264	+00:02:10	LETHBRIDGE
4/5	HAZELL, DENNIS	5180	51:35.817	10:19	16:35	461/565	236/264	+00:20:01	COALDALE
5/5	WOODS, RALPH	5448	56:47.611	11:21	18:15	516/565	252/264	+00:25:13	COALDALE